Aligning with the Higher Self

Having the patience to reflect upon aspects of life that usually go unacknowledged, provides an opportunity to explore avenues of thought with greater depth. The conscious act of reflection, creating space for an individual to examine thought free from distractions. Whatever rises to the surface of the mind, providing a focal point for attention. Through the conscious act of slowing the pace of thought, one can begin to examine it in greater detail. An acceptance of personal failings, being a crucial step on the path to become a better version of oneself. A shift in focus, contributing to a new way of perceiving the world and one's place within it. As the mind embraces this sense of inner clarity, the troubles of the world gradually begin to dissolve. Revealing an aspect of existence, beyond one's current state of understanding.

Aligning with this state, helps to clear the mind of thoughts which no longer serve a constructive purpose. Liberating the individual from a prison of negative thought patterns. The decisive shift from a mindset of lack, towards a state of abundance; reflected in the various interactions of everyday life. As the mentality of fear-based programming is gradually filtered out of one's system. Its slow decay gradually replaced by a sensation of lightness. While it may take some time before the outward signs of this change become evident, at some point in time the outward manifestation will become undeniable. For the previous version of oneself will simply no longer exist. Despite the resistance and confusion of others, the truth will be undeniable to individuals one interacts with. Where conflict arises, is when people can't let go of the old version of oneself.

A change in appearance or personality, contributing to a sense of unease in those an individual has interactions with. As it marks a clear departure from the established image they have cultivated in their minds. Witnessing firsthand the transformation of someone they thought they knew, leaves another feeling somewhat uncomfortable. As it forces them to confront the preconceived notions the mind has constructed. This revelation naturally leads them to question the core beliefs they align with. Which act as an uncomfortable catalyst for introspective thought. The sense of unease arising from a suppressed aspect of the personality, the individual has yet to openly acknowledge. Recognition of suppressed aspects of the authentic self, an individual has yet to reconcile. Unless a genuine effort is made to integrate these fractured aspects of the shadow, one will not live to experience the sense of joy that arises from aligning with one’s higher nature.